



4 - Chow time...



8 - Crushed...

## CFAS, Sasebo fire departments conduct joint HAZMAT drill



1



2



3



4

### Brief Notes

#### Second Annual Independence Day Celebration

Command and base organizations are invited to participate in the Second Annual Independence Day Celebration on **Sunday, July 3 from 11 a.m. until 9 p.m.** Come on out and show your support by signing up for a booth to sell food, specialty items or just disseminate information. This is an excellent fund raising opportunity for Family Support Groups! For further information and registration, e-mail Charlotte Bruton at [charlotte.brunton@sasebo.navy.mil](mailto:charlotte.brunton@sasebo.navy.mil) or call her at 252-3108 to secure your spot.

#### USO Notes

**The USO Fleet Landing office will close for renovation** on Monday, June 7.

#### Reality Check

Reality Check is the CFAS Command Religious Ministries Department's new single Sailors program. The group meets every Friday from 7-9 p.m. at the Community and Education Center. Call 252-3380 for more information.

**DUI Counter:**  
39 days as of June 2

1.) The first responders to the chemical spill, Commander Naval Forces Japan (CNFJ) Regional Fire Department Sasebo firefighters, assess the situation. 2.) Firefighters from the Sasebo City Fire Department evacuate a victim overcome by the chemical fumes to safety. 3.) Firefighters move in to evacuate victims from area of the spill, caused by a leaky valve on a chemical truck in the drill scenario. 4.) Fire truck drivers/pump operators Akashi Ide (left) and Toshihiro Hagisaka remove their gear and take a well-deserved break at the successful conclusion of the exercise. (Official U.S. Navy Photos by JO1(SW) Ron Inman)

### Exercise tests departments' ability to handle chemical spill

Commander Naval Forces Japan (CNFJ) Regional Fire Department Sasebo and Sasebo City Fire Department held a joint chemical disaster response drill at Nimitz Park May 31. Approximately 130 personnel and 15 vehicles participated in the drill, which simulated an ammonia leak from a tanker truck. Nearby personnel who came to the aid of the truck's driver were overcome by the fumes.

Rescue personnel from both departments responded to the scene. Base firefighters donned chemical protective suits and entered the contaminated area to extract the victims, while Sasebo City firefighters set up decontamination stations.

Once the victims were safely removed from the contaminated zone, Sasebo City and base firefighters helped them through the decontamination stations, and the more seriously injured simulated victims were brought to a triage area and treated by Branch Health Clinic Sasebo staff and evacuated by ambulance.

"The exercise went very well, and both departments worked very well together as a team," said Gerald Clark, CFAS Fire Department Chief. "I'm very happy about that. What we did today is a good foundation for cooperation in the future."

"With any exercise we do, there are lessons we can learn to make our response even better the next time, so we always take it as a learning experience. Overall, it was an outstanding performance by both departments and an outstanding drill."



# Holding on to a legacy - a message for today's warriors

**FLTCM(SS/SW) R. D. West**  
*U.S. Pacific Fleet Master Chief*

I want to take a different approach to this column. I'd like you to hear from some other people besides me in this column. It's a group of people slowly vanishing from this world - they are called America's "greatest generation."

Our "greatest generation" is one of the outstanding groups we were honoring during the recent Memorial Day weekend. They wear the VFW or American Legion hats, they'd rather have a conversation than surf the Internet, and they stand up when the American flag goes by - regardless of their political views. They were us so many years ago. Service members who were just doing their duty preserving our liberties and freedoms throughout the world.

When we listen, they have a lot to tell, stories of sacrifice, heroics and camaraderie. And we need to listen; we need to learn and we need to preserve what these Warriors have laid as the bedrock for our military. Memorial Day is

more than parades. It's our chance to learn from and listen to this greatest generation. They've lived the sacrifices the current generation is facing. And while a lot of them may not have grown up with email, cell phones, or the Internet, we'd be fools to think there's nothing they can't teach us.

So I'm going to let them talk to you. I want you to hear, see and feel what they have done. They weren't looking to be heroes or make heroic sacrifices. They were just doing what needed to be done. So understand what they did, learn from the courage they displayed, and know what it means to step up in an impossible situation. Then you'll understand why these folks are more than an annual parade and 30-second news clip on CNN or the local TV.

"Suddenly the ship was gone, and it was very quiet. It had only been 12 minutes since the torpedoes hit. We started to gather together. Being in the water wasn't an unpleasant experience except that the black fuel oil got in your nose and eyes. We all looked the same — black oil all over, white eyes and red mouths. You couldn't tell the doctor from the boot seaman."

This is from retired Medical Corps Capt. Lewis L. Haynes. He was the senior medical officer on board USS Indianapolis (CA-35). Shortly after midnight on July 30, 1945, the ship was torpedoed by a Japanese submarine and quickly sank. Haynes and 315 other men were the only ones rescued out of the crew of 1,199.

"Soon everyone had swallowed fuel oil and gotten sick. Then everyone began vomiting.

"At that time I could have hidden, but somebody yelled, "Is the doctor there?" And I made myself known. From that point on — and that's probably why I'm here today — I was kept so busy I had to keep going. But without any equipment, from that point on I became a coroner."

Pharmacist's Mate 2nd Class Lee Soucy, a crewman aboard USS Utah (AG-16) woke up Sunday morning and saw a bunch of planes swarming overhead. At first, he thought it was the Marines, since "they were the only ones crazy enough to be training on a Sunday morning." He quickly found out different. He was smack-dab in the attack on Pearl Harbor.

"A number of the ship's tremors are vaguely imprinted in my mind, but I remember one jolt quite vividly. As I was running down the passageway toward my battle station, another torpedo or bomb hit and shook the ship severely," he said. "I was knocked off balance and through the log room door. I got up a little dazed and immediately darted down the ladder below the armored deck. I forgot my first aid kit.

"By then the ship was already listing. There were a few men down below who looked dumbfounded and wondered out

loud, "What's going on?" I felt around my shoulder in great alarm. No first aid kit! Being out of uniform is one thing, but being at a battle station without proper equipment is more than embarrassing. After a minute or two below the armored



**FLTCM (SS/SW) R.D. West**  
*U.S. Pacific Fleet Master Chief*

deck, we heard another bugle call. Then the boatswain's whistle followed by the boatswain's chant, "Abandon ship ... Abandon ship."

The Utah still lays at rest today on the opposite side of Ford Island here at Pearl Harbor. Time, weather and the sea has caused more damage, but it still serves as a reminder - and teacher - to us all of what the greatest generation endured.

As I mentioned earlier, the generation of the 1940s, and 50s were not very different than ours today. Many were just starting in life, looking to find their place in the world. Some joined up because of the Depression and any job was salvation. Others joined because they had just

"I was sent to Santo Tomas on March 8, 1942. However, the medical facilities there were still lacking. There was a little hospital set up in what had been a mechanical engineering building. Living conditions for the others also worsened ... by this time, the Americans had invaded the Philippines, so as life got worse for the Japanese, they made life worse for us. We were only getting two meals a day, skimpy meals at that. We mainly had rice, diluted to a pasty lugao. There was practically no meat in the stew; it was very watery."

Many historians will tell you that two battles that did the most for turning the tide of the war were the Normandy invasion and the Battle of Midway.

Both were very costly to that great American generation.

"I was overwhelmed with work. Wounded were everywhere. Some men had one foot or leg off, others had both off; some were dying - some dead," said Lt. Joseph P. Pollard, a medical officer on board USS Yorktown (CV-5). "Everywhere there was need for morphine, tourniquets, blankets and first aid. Battle Dressing Station No. 1 rapidly overflowed into the passageway, into the parachute loft and into all other available spaces.

"I called for stretcher bearers to get the more seriously wounded to the sick bay where they could receive plasma, etc., but the passageways had been blocked off due to the bomb hits. So we gave more morphine, covered the patients with blankets, and did the best we could."

Yorktown was lost shortly after the Battle of Midway. Successive strikes by dive bombers and torpedo planes seriously damaged the ship, forcing the crew to abandon it June 4. Two days later, while salvage efforts were underway, both

the damaged carrier and the destroyer Hammann (DD-412) were torpedoed and sank June 7, 1942.

Each year, as we commemorate

Memorial Day, the crowds get a little younger. We are losing this greatest generation to time. And once they are gone, many of us will look back and regret not learning more from them and about them. It's true that Memorial Day is to honor our fallen heroes as well as everyone who serves or served. But it is also to remind us active service members of what we can learn from those before that went before us, acknowledge their sacrifices, and in doing so learn about ourselves too.

That greatest generation is handing us the baton now. The question is: did we learn enough from them to be able to take up where they have so selflessly and so nobly left off? I encourage you at every opportunity embrace and learn from those that have gone before us in harm's way. Warriors teaching Warriors!

**CAPT. TILGHMAN D. PAYNE**  
COMMANDER  
FLEET ACTIVITIES SASEBO  
252-3444

**CMDR. BERNARD P. WANG**  
CHIEF STAFF OFFICER  
FLEET ACTIVITIES SASEBO  
252-3444

**CHARLES T. HOWARD**  
CFAS PUBLIC AFFAIRS OFFICER  
252-3029  
charles.t.howard@sasebo.navy.mil

**JO1(SW) RON INMAN**  
EDITOR, SASEBO SOUNDINGS  
252-3485  
ronald.inman@sasebo.navy.mil

**JOSN JEFF JOHNSTONE**  
STAFF WRITER/EDITORIAL ASSISTANT  
252-3409

**LARA DEGUZMAN**  
STAFF WRITER

**CTF 76 PUBLIC AFFAIRS**  
**LT. ED SISK**  
**JO2 JAMES KIMBER**  
252-2810

**FLEET IMAGING**  
**PH1 (SW) PAUL PHELPS**  
**PH3(AW) YESENIA ROSAS**  
252-3559

The *Sasebo Soundings* is a weekly publication of Fleet Activities, Sasebo, Japan. It is published according to the rules and regulations for station newspapers and under the direction of the Public Affairs Officer.

Opinions expressed herein are not necessarily those of the command, the Department of the Navy or the Department of Defense.

The appearance of advertising in this newspaper does not constitute endorsement by the Department of the Navy or CFAS or the publisher of the products and services advertised.

This paper is funded by appropriated funds. The distribution of 2,000 copies is printed by Minato Printing Co., Ltd., Sasebo City, Japan.

All items for submission must be brought into the *Sasebo Soundings* office in PW 80 or sent by guardmail or MPS, or emailed to [soundings@sasebo.navy.mil](mailto:soundings@sasebo.navy.mil). The Public Affairs Office, as permitted by the Commanding Officer, reserves the right to edit, omit or change any part of the submission to fit the style of the paper.

Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

**Sasebo Soundings**  
**PSC 476 Box 93**  
**FPO AP 96322-1100**

# Ruehe selected to lead Navy’s Mid-Atlantic region

CNFJ Public Affairs

The Navy announced May 23 that Rear Adm. Frederic Ruehe, Commander U.S. Naval Forces Japan, will be assigned as Commander, Navy Region Mid-Atlantic, Norfolk, Va. Ruehe is expected to take command later this year.

“As with any change of assignment, this one comes with mixed emotions for me,” said Ruehe, whose past assignments in Japan include command of an amphibious assault ship forward-deployed to Sasebo, and Commander Amphibious Force SEVENTH Fleet/COMPHIBGRU ONE in Okinawa. “The opportunity to command U.S. Naval Forces Japan – working with the JMSDF, community leaders, the country team and my own tremendous staff – has been a great honor and a privilege.

“My family and I have also enjoyed the warm hospitality of the people of Japan, and we have made many lasting friendships that we will cherish always. I’m also honored to be selected for assignment to command the Mid-Atlantic Region, as I know the duties will be challenging and professionally rewarding.”

As Commander U.S. Naval Forces Japan, Ruehe is responsible for three key mission areas. Operationally, he works closely with the leadership of the Japan

Maritime Self Defense Force and Commander U.S. Seventh Fleet to develop and sustain inter-operability between the U.S. Navy and the JMSDF. As the Naval Component Commander for U.S. Forces Japan, Ruehe assists in planning and preparing for the defense of Japan and works closely with the Japan country team on issues affecting the U.S.-Japan security alliance. Finally, as a Regional Commander under Commander, Navy Installations Command, Ruehe oversees the operation of six Navy installations in the Far East.

As Commander Navy Region Mid-Atlantic, Ruehe will be charged with supporting fleet and base operations while in command of Navy installations in Virginia, West Virginia, Pennsylvania, Maryland and Delaware. Key support areas include infrastructure management, harbor and airfield operations, force protection, environmental management, public safety, disaster preparedness, recreation and housing, among other services.

Rear Admiral James Kelly, who currently commands the USS Kitty Hawk Strike Group, forward-deployed to Yokosuka, Japan, will succeed Ruehe as Commander U.S. Naval Forces Japan.

A link to Rear Adm. Ruehe’s complete biography can be found at <http://www.cnfj.navy.mil/BIOS/admiral.html1>.



**Rear Adm. Frederic Ruehe**  
*Commander U.S. Naval Forces Japan*

## REGIONAL COMMANDERS’ UPDATE: “Personal Behavior is a Readiness Issue”

**Rear Adm. Frederic Ruehe**  
*Commander, U.S. Naval Forces Japan*

Duty in Japan is a privilege, and with privilege comes responsibility. A key responsibility for those of us fortunate enough to enjoy the hospitality of our host nation is demonstrating the highest standard of personal behavior and proper conduct ashore.

Our actions, on- and off-duty, have an impact on the success of our mission here in Japan — personal behavior is a readiness issue. Good conduct ashore maintains the trust and confidence of our host nation. Conversely, behavior which runs counter to the Navy’s core values erodes that same trust and confidence and hinders our ability to meet mission. When it comes to personal behavior, as

U.S. military leadership in Japan is united in message and in objective. Lt.Gen. Wright, Commander U.S. Forces Japan, expects an unwavering commitment to the highest levels of professionalism from all U.S. Forces personnel and those associated with them in Japan. Vice Admiral Greenert, Commander U.S. SEVENTH Fleet, views personal behavior as a strategic issue. We are in agreement that we must all make a moral commitment, and strive to consistently do the right thing, both in terms of what society expects of us, as

well as what we should expect of ourselves. We are guests here, at the invitation of the people and government of Japan, and we need to align our behavior accordingly. To our hosts, we are America personified. We represent our country, our leadership, our culture and our way of life. Our nation is viewed overseas through the lens we create by our actions. The privilege of duty in Japan requires nothing less than our best personal conduct and behavior, always.

## For military retirees and families, planning now can save heartache

Defense Financing and Accounting Service

*“By failing to prepare, you are preparing to fail.” – Benjamin Franklin*

Life can find ways to catch us unprepared. Falling in love, unanticipated fortune or finding the perfect secret fishing hole. Sometimes, it’s the pleasant surprises that add the spice to make life interesting and worthwhile.

But it’s the surprises that bring the anxious moments and unforeseen heartache, especially to those close to us, that are best avoided.

For some, the idea of death is an unpleasant one best avoided. Unfortunately, death itself cannot be so easily avoided and the failure to plan can cause additional stress for spouses and families when they are least able to cope with it.

“Families can get overwhelmed when tragedy strikes,” said Navy Captain Karl Bernhardt, director of Retired and Annuitant Pay for the Defense Finance and Accounting Service (DFAS). “Many of the retirees we support have wives, husbands and families who are left with unfinished business when the retiree passes away. Unfortunately, many have no idea that action is required to notify DFAS of the death in order to avoid overpayments of retired pay.”

In addition to maintaining the pay accounts of active and reserve military members, DFAS administers the Military Retirement Fund and pays approximately two million retirees each month.

“We make every effort to strike a balance,” Bernhardt said. “On one hand, we need to make sure each retiree is paid the right amount on time. On the other, we have a responsibility to safeguard the fund on behalf of the American taxpayers. When a retiree dies, his or her entitlement to retired pay ends and any payments made after that must be recovered.”

DFAS is required to recover all overpayments. In many cases, this means simply transferring funds from the retiree’s bank account back to DFAS. However, if the funds have been spent or distributed, debt collection efforts can be initiated to reclaim the money. This can be especially difficult for elderly spouses.

When a military retiree dies, a number of federal, state and local agencies have procedures for notifying DFAS. These include the Social Security Administration, Veteran’s Administration, military service casualty assistance offices, and state and local veteran affairs offices. Overpayments occur when spouses and families fail to contact these agencies, or DFAS itself, and notify them that the deceased was a military retiree.

“It falls to the spouse, children or close friends to take care of many things,” Bernhardt said, “including the termination of retired pay. In many cases, the survivors don’t know the requirements or procedures. Months later, they are burdened with collection efforts. It’s a situation that can be lessened or eliminated with a bit of planning.”

The casualty assistance offices of the Army, Navy, Air Force and Marine Corps encourage retirees to

develop a checklist for their spouse and families to help them navigate the difficult transition when the retiree dies. Most military base casualty assistance or retired affairs offices can help in completing this list, or lists can be downloaded from the Internet from service and veteran organization Web sites.

According to Bernhardt, a few hours spent gathering the information for the list will save months of aggravation and grief later on.

“The checklist can be kept with a retiree’s will and other legal documents. When the time comes and those documents are needed, the checklist is ready to guide the survivors through the legal and governmental processes. I would recommend putting the notification of DFAS near the top of the list.”

DFAS Retired and Annuitant Pay Services maintains a customer contact center staffed with experts in all aspects of retired pay. The center can be contacted at (800) 321-1080. Callers who select the menu option for death notifications receive a higher priority and are routed to staff members who can assist them in terminating retired pay and initiating the process for survivor’s benefits.

A survivor’s checklist can help eliminate the unwelcome surprises in life, allowing more time to enjoy the benefits the military retirement. As Benjamin Franklin observed, “An ounce of prevention is worth a pound of cure.”

For more information on retirement planning, call the Fleet and Family Support Center (FFSC) at 252-3604.



# Students discover the world of cooking, Navy style

USS Essex (LHD 2) Public Affairs

A group of Commander Fleet Activities Sasebo (CFAS) E.J. King High School students came aboard USS Essex (LHD 2) May 25, 2005 and spent part of their Career Day learning about cooking techniques and cuisine information. The gourmet Navy chow prepared for the group by Chief Culinary Specialist (SW/AW) Devon Knight showed a small glimpse of how much effort and cooking fundamentals are needed for every delicious meal served aboard Essex.

In the span of an hour the group took a tour of the ship's General Mess Galley, the Chief's Mess and the Wardroom Galley for instruction on preparing a perfect batch of chicken soup. In addition, the kids learned about the unique way food is prepared aboard Navy ships with virtually every meal on a recipe card and most made in bulk proportions to serve up to the thousands of hungry Sailors and embarked Marines who eat aboard Essex everyday. A majority of food for the meals is baked, fried or cooked up in 80-gallon pots or 'steamers'.

Eighth grade cooking enthusiast Jazmine Asyn said she was very impressed with her tour of the ship and of the super size of all the cooking facilities aboard Essex. "It was cool," said Asyn. "I really learned something coming on the ship today and seeing all the huge pots and the giant utensils that are used on the ship was something I hadn't pictured." Asyn added that the tour confirmed her commitment to become a professional in the food service industry and food is definitely in her future.

"I'd like to be a chef someday," said Asyn, "and I'm hoping to go to a Culinary Arts School like the one my cousin goes to in Colombia."

Knight said he was happy to give the kids a look into the world of cooking and he appreciated the chance to possibly influence them into entering a vocation that has been so personally successful in his Navy career.

"I was very thankful to be given the opportunity to show a great group of children something different than what they are normally used to learning at school on a day-to-day basis," said Knight. "The goal of the tour was to maybe open their eyes a little bit and they would hopefully appreciate the world of food service and the food service industry more than they did previously. We were able to incorporate some hands-on information and they were able to see a future career field that could be very lucrative for them," added Knight. After the students gobbled up their sample of the deluxe chicken soup and were presented a newly baked



USS Essex (LHD 2), commanded by Capt. Martin J. Keaney, hosted a group of students from E. J. King High School interested in culinary arts May 25. Culinary Specialist (SW/AW) Chief Devon Knight shows the group how meals are prepared on the Navy's only forward deployed assault ship. (Official U.S. Navy Photo by Photographer's Mate Third Class Travis Burns)

chocolate chip cookie they were escorted off the ship. As the group walked down the pier to end their field trip many of the kids had the same sentiments about their culinary experience aboard USS Essex- "Can we go back for seconds on that soup?"

## Harpers Ferry changes command

**JO2(SW) Brian P. Biller**  
USS Harpers Ferry (LSD 49)  
Public Affairs

Cmdr. Marlin C. Anthony relieved Cmdr. Humberto L. Quintanilla II as commanding officer of the forward deployed amphibious dock landing ship USS Harpers Ferry (LSD 49) in a change-of-command ceremony held in Pusan, Republic of Korea, May 27.

"Commander Anthony is an extraordinary officer, and he's getting an extraordinary ship and crew. The Navy will benefit from him taking Harpers Ferry to the next level," said Quintanilla.

Quintanilla assumed command of Harpers Ferry in June 2003. During his tenure, the ship participated in numerous joint and multinational amphibious exercises in the Pacific theater. He told the crew it was a special privilege for him to have been their commanding officer, especially during the recent emergent deployment to the North Arabian Gulf in support of Operation Iraqi Freedom, when the ship originally left her forward-deployed port of Sasebo to conduct a 10-day exercise and did not return for more than eight months.

Quintanilla's next assignment will be at Surface Warfare Officer's School Command, Newport, R.I.

"The reputation of Harpers Ferry is second to none," Anthony said after assuming command. "While some may say that command is a lonely job, I know that I will have over 300 of my closest

advisors here to help me ensure that we continue the success story that is Harpers Ferry," he added.

A native of Lufkin, Texas, Anthony received his Bachelor's degree from the University of Texas and was commissioned in May 1987. He later received his Master's degree from Troy University in International Relations.

Anthony's tours have included USS Shreveport (LPD 12); USS Fairfax County (LST 1193); Commander, U.S. Naval Forces Europe; and tours as executive officer aboard USS Sentry (MCM 3), USS Dextrous (MCM 13) and USS Nashville (LPD 13). Most recently, Anthony served in U.S. Joint Forces Command as the J8 Programming and Strategy Analyst Branch Head.

Anthony's awards include the Defense Meritorious Service Medal, the Meritorious Service Medal, the Navy Commendation Medal (five awards), the Navy and Marine Corps Achievement Medal (two awards), and various service awards.



Cmdr. Marlin C. Anthony assumed command of Harpers Ferry May 27. (Official U.S. Navy Photo by Harpers Ferry Public Affairs)



## CFAS contingent travels to Soto Dam

Fleet Activities Sasebo (CFAS) Command Master Chief William F. Lowmon (left, foreground) makes remarks to those gathered during a commemoration ceremony at the Soto Dam Memorial on Sunday, May 29. CFAS personnel, including the Sasebo Chief Petty Officers Association, traveled to the site to recognize the sacrifices of 55 American prisoners of war and 14 Japanese who died during the dam's construction from 1941-1944. (Official U.S. Navy Photo by PH3(AW) Yesenia Rosas)





**Karatsu City Day Tour**

Travel & Tours has scheduled a tour of Karatsu on Saturday, June 4 that you and your family will enjoy. Cost for the trip is \$16 for adults, \$12 for children 4 to 14 and \$6 for youngsters 3 & under. Karatsu is an interesting city along the Kyushu coast about 30 miles from Sasebo that features great sandy beaches and beautiful Japanese castles. The city is perhaps best known for Karatsu pottery, with kilns open to the public. Karatsu pottery is famous throughout Japan and the world with many collections located in major museums worldwide. Karatsu is also well known as a ‘castle town’ and features numerous Edo period castles along the Matsuura River for visitors to explore. The city boasts many other interesting places to see and things to do, so be sure to bring your camera. For more information, call 252-3433.

**Kumagawa Boat Ride**

Board an open boat and let the current send you and your guests on your way downstream along the Kumagawa River. Sometimes the rapids make for a swift and exciting ride, but rapids cannot be guaranteed. Expect some water spray as you enjoy beautiful scenery along the way. After your ride, explore the deep underground Kyusendo Caves before you board the bus for the return trip to Sasebo. The next Kumagawa Boat Ride trip is scheduled for Saturday, June 4. Cost, including transportation, a guide and boat fees, is \$40 for adults, \$25 for children 6 to 15 and \$15 for youngsters 5 and under. Be sure to bring your camera! For more information, call 252-3433.

**Comedy Night at Galaxies**

Jeffery Steele & Bob Perkell headline Comedy Night at Galaxies on Tuesday, June 14. The free performances are scheduled to begin at 8 p.m. Steele is by his own description not a comedian at all, but a magician. He’s basically a Jewish Sylvester Stallone, complete with a bodybuilder physique and a New York attitude. He gets laughs galore with amazing card tricks and sleight-of-hand magic. Perkell resembles a poor man’s version of Bruce Willis. He not only resembles Willis, but has that likable Willis charm as well. Most of his comedy is based

on his life with drugs and alcohol, and his subsequent rehabilitation. The two stars make for an interesting combination of comedy, so make plans now to see the show. For more information, call 252-2980.

**Tribute to The Dixie Chicks, Faith Hill and Tim McGraw at the Harbor View Club**

Heart to Heart and Fly will perform live at the Harbor View Club on Wednesday, June 15, paying tribute to the Dixie Chicks, Faith Hill and Tim McGraw. The free performance will begin at 8 p.m. For more information, call 252-3965.

**No Tap Special Bowling Tournament**

Stop by the Spare Time Recreation Center Friday, June 17 and join the No Tap Special Bowling Tournament. Cost is \$15 per bowler. You must be 18 years or older to participate. Games begin at 6:30 p.m. The highest total pinfall of four games determines the winner. Number of participants determines the prize money. Awards will be presented to one male and one female for highest score of each game. For more information, call 252-3634.

**June Lunch Specials at Harbor View Club**

Enjoy a fine selection of delicious lunch specials during June, prepared by Executive Chef Charles Yost’s team of culinary professionals. Mondays in June, feast on grilled London broil with béarnaise sauce. Tuesdays the special is roasted marinated pork chop with green peppercorn sauce. Wednesdays enjoy four pieces of fried chicken with garlic mashed potatoes. Every Thursday you can enjoy tricolor pasta carbonara with ham, mushrooms and peas. Friday’s June special is a Cajun catfish sandwich with tartar sauce and French fries. Harbor View lunch specials are served Monday through Friday from 11 a.m. until 2 p.m. Price is only \$6.95, including one trip to the salad bar and your choice of iced tea or coffee. All entrees accompanied by chef’s garnitures. For more information, call 252-3965.

**June Lunch Specials at Galaxies**

Galaxies’ June Monday special features chicken fajitas served with Mexican rice, refried beans and tortillas. Tuesdays the special is BBQ chicken served with potato salad, baked beans and a roll. On Wednesday the lunch special is pork piccata with whipped potatoes and vegetables. Thursday’s special features spaghetti and meatballs served with a tossed salad and bread sticks. Friday’s special is a beef bowl, served with steamed rice and and egg roll. Galaxies Food Court lunch specials, served from 11 a.m. while supplies last, are \$5, including a soda. For more information, call 252-2980.

*Betcha didn’t know about:*  
**Udogoe sites**

**Phil Eakins**

*Base Historian*

I’ve lived in the Sasebo area for 16 years and I’m still discovering interesting places the city has to offer. Here are five different sites within 30 minutes’ walk.

After shooting a “Betcha Didn’t Know” spot for AFN a few weeks ago, JO3 Beau Smith, my son and I visited the Submarine No. 43 memorial on Mt. Yumihari to scout the location for our next shoot. Beau noticed sets of short stairways leading down the hill and asked where they led. I told him about a big bronze statue that was 15 minutes’ walk down the path.

We went in search of the statue. A few minutes later, an aging concrete structure caught my eye that I failed to notice the first time I walked the path many years ago. To my surprise, it was the old Udogoe resting place that I had seen in photos but never found until then. It was built for Emperor Showa’s visit to Sasebo on April 3, 1920 when he was still the Crown Prince. During his visit, the Crown Prince visited the naval station, met with soldiers of the local Imperial Army heavy artillery battalion, helped plant pine trees and inspected the Sasebo Naval Arsenal. Although rainy weather prevented the Crown Prince from visiting the resting place to view the 99 Islands, it became a favorite place for climbers to take a break and enjoy the view.

The path made of stone steps, very slippery in places with edges worn smooth from years of foot traffic. I wondered why someone would even bother constructing steps in the middle of nowhere. It turns out this path is the old Udogoe *tozando* (mountain climbing path), a very popular Sasebo spot many decades ago. Built by the local young men’s association, the path became even more popular because of Admiral Takeshi Takarabe, Sasebo Naval Station’s 17<sup>th</sup> commanding officer. In 1920 the admiral accompanied his mother (age 90 or 91 by some accounts) up the mountain path when, after reaching the eighth stage, his mother didn’t have the strength to continue the journey. Being a good son, Admiral Takarabe carried his mother on his back the rest of the way so she could enjoy the view of the 99 Islands.

The stone steps ended near the road where we turned right and walked up a small hill to view the bronze statue of Buddhist priest Shinran near a small shrine and park. The statue was erected around 1925 and faces away from the harbor. If you know where to look, you can see the upper portion of the statue from Main Base.

These areas were declared off-limits several years before World War II began and never regained their pre-war popularity after they were reopened.

Leaving the statue, we walked a short distance down another road to explore. To our amazement, we discovered several images of Buddhist deities carved into the side of a tall cliff, as well as a few small stone statues along the road. If someone had shown me a photo earlier and told me it was taken right here in Sasebo, I would’ve been hard pressed to believe them.

As you can see, Sasebo does have a lot to offer; sometimes it doesn’t take much effort to find a special place to visit. When you do, that’s when the fun begins!



Schedule for June 3 - 12

SHOWBOAT THEATER

TELEPHONE: 252-3822

FRIDAY, JUNE 3	SATURDAY, JUNE 4	SUNDAY, JUNE 5	MONDAY, JUNE 6	TUESDAY, JUNE 7	WEDNESDAY, JUNE 8	THURSDAY, JUNE 9	FRIDAY, JUNE 10	SATURDAY, JUNE 11	SUNDAY, JUNE 12
5 p.m. PG *Madagascar	2 p.m. PG Madagascar	2 p.m. PG-13 Star Wars: Episode 3	6:30 p.m. PG Sin City	6:30 p.m. PG-13 Sahara	6:30 p.m. PG-13 Star Wars: Episode 3	6:30 p.m. PG The Amityville Horror	5 p.m. PG-13 *The Longest Yard	2 p.m. PG Madagascar	2 p.m. PG-13 Star Wars: Episode 3
7 p.m. PG *The Amityville Horror	5 p.m. PG-13 Guess Who	5:30 p.m. PG-13 Sahara					7:30 p.m. PG-13 *The Interpreter	8 p.m. PG-13 The Longest Yard	5:30 p.m. PG-13 A Lot Like Love
10 p.m. PG-13 Sahara	7:30 p.m. PG The Amityville Horror	8:30 p.m. PG The Amityville Horror					10 p.m. PG-13 *The King's Ransom	7:30 p.m. PG-13 The Interpreter	8:30 p.m. PG-13 The Interpreter
	10 p.m. PG-13 The Ring 2							10 p.m. PG-13 The King's Ransom	

HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, JUNE 3	SATURDAY, JUNE 4	SUNDAY, JUNE 5	MONDAY, JUNE 6	TUESDAY, JUNE 7	WEDNESDAY, JUNE 8	THURSDAY, JUNE 9	FRIDAY, JUNE 10	SATURDAY, JUNE 11	SUNDAY, JUNE 12
6:30 p.m. PG-13 Fever Pitch	2 p.m. PG-13 Star Wars: Episode 3	2 p.m. PG Madagascar	NO MOVIES SCHEDULED	NO MOVIES SCHEDULED	NO MOVIES SCHEDULED	6:30 p.m. PG-13 The Ring 2	6:30 p.m. PG Madagascar	2 p.m. PG-13 Star Wars: Episode 3	2 p.m. PG Madagascar
9 p.m. PG-13 Star Wars: Episode 3	6:30 p.m. PG Sin City	6:30 p.m. PG-13 Fever Pitch					9 p.m. PG-13 A Lot Like Love	6:30 p.m. PG The Amityville Horror	6:30 p.m. PG The Amityville Horror
	9 p.m. PG The Upside of Anger		** Premiere			No scooters, skates, skateboards, strollers or bicycles allowed in theater. NO OUTSIDE FOOD OR BEVERAGES.		9 p.m. PG-13 Sahara	

**KING'S RANSOM (PG-13)**  
Cast: Anthony Anderson, Lela Arnold, Jay Mohr, Donald Faison and Regina Hall  
Malcolm King is a wealthy and arrogant businessman whose to be ex-wife has plans to take him for everything he's worth in their divorce settlement. Determined to avoid losing his fortune to her, Malcolm plans his own kidnapping with the help of his dim-witted mistress and her ex-con brother. Unfortunately for Malcolm, he is not the only one with a kidnapping plot.

**THE AMITYVILLE HORROR (R)**  
Starring: Ryan Reynolds, Melissa George, Jeremy Sumner, Jesse James and Rachel Nichols  
A frantic phone call to the police leads to a grisly crime scene at a residence in Amityville NY, where an entire family has been slaughtered in their beds. When another family moves in, they barely escape with their lives.

**THE UPSIDE OF ANGER (R)**  
Starring: Juan Allen, Kevin Costner, Mike Binder, Erika Christensen and Alicia Witt  
After being abandoned by her husband, a woman finds her life changed when a once-great baseball star steps in as her drinking buddy and becomes an unexpected member of her dysfunctional family.

**STAR WARS: EPISODE 3 (PG-13)**  
Starring: Ewan McGregor, Hayden Christensen, Natalie Portman, Jay McDowell and Samuel L. Jackson  
After three long years of relentless fighting, the Clone Wars are nearly at an end. The Jedi Council dispatches Obi-Wan Kenobi to bring the deadly leader of the Separatist droid army to justice. Meanwhile, back on Coruscant, Chancellor Palpatine has grown in power. His sweeping political changes transform the weary Republic into the mighty Galactic Empire.

**Premiere Feature**  
**Madagascar (PG)**  
Starring: Ben Stiller, Chris Rock, Jada Pinkett-Smith and David Schwimmer  
Alex the lion is the king of the arid jungle at the main attraction of New York's Central Park Zoo. He and his best friends Marty the Zebra, Melman the Giraffe and Gloria the Hippo have lived their entire lives in blissful captivity. Marty allows his curiosity to get the better of him and with the help of some abnormal penguins he makes his escape to explore the world he has been missing.



**ONE FREE MOVIE!**  
with the new MWR

**CINE-PASS**



ADULT  
CINE-PASS  
\$21  
FREE



CHILD  
CINE-PASS  
\$5  
FREE

Receive one stamp for each movie admission. Collect 7 stamps, your 8th movie is FREE!

**ON SALE NOW!**

**Cine-Pass**  
available for purchase at:  
• Showboat Theater  
• Hario Theater  
• Travel & Tours Office

**Great Gift Giving Idea!**  
1. Great gift for all ages.  
2. Collect 7 stamps for a free movie admission.  
3. Available for purchase at participating locations.  
4. Valid only for movie admissions.  
5. No cash back.  
6. No refunds.  
7. No transfers.  
8. No substitutions.  
9. No cash back.  
10. No cash back.  
11. No cash back.  
12. No cash back.







# DADS & GRADS

## June 8-12

# 20% off

entire stock of  
men's shirts  
& shorts from

CHAPS IZOD

DOCKERS

# Great Gifts Dad

Father's Day is June 19

**15<sup>99</sup>**

CHAPS®  
POLO SHIRT  
OR CARGO  
SHORTS

**15<sup>99</sup>**

IZOD®  
POLO SHIRT

**14<sup>39</sup>**

IZOD®  
SHORTS

**IZOD**

**14<sup>39</sup> ea**

IZOD®  
SILK-WASH  
POLO  
SHIRT

**IZOD**

**NEX** YOUR NAVY EXCHANGE

We are your "Navy Family" store!

YOUR NAVY EXCHANGE PROFITS SUPPORT MWR PROGRAMS & SERVICES





Fleet Gym 252-3588

Hario Gym 252-8691

# Crushed: Dragons extend Bonecrushers losing streak to seven

JO2 James Kimber  
CTF76 public affairs

ACU-5 Dragons left fielder Randall Mitchell blasted two home runs including the game-ending grand slam as the leadoff man went 3-5, with five RBI, three runs and a strikeout June 1leading the Dragons past the Medical Bonecrushers 17-6.

The one-time league champion but now slumping Bonecrushers, coming off game one of their double-header loss to the league's basement-dwelling Essex Iron Gators, extended their losing streak to seven.

Other softball scores:  
May 27  
Shooters 1, **Kamikaze Squirrels 19**  
Squirrels left centerfielder Joseph Matthews went 3-4 with 4 RBI and 3 runs while the Shooters collected six hits combined in the shortened 19-1 game.  
**Kamikaze Squirrels 10**, Snipes 0  
Squirrels pitcher Roger Benoit tossed a complete game shut out while Squirrels third baseman Vincent Junor went 3-3 with 4 RBI and 2 runs in the Squirrels 10-0 shut out of the Snipes.  
Dragons 17, **Shooters 20**  
Dragons shortstop Randall Mitchell went 5-5 with 5 runs and a double in a losing effort to the Shooters, 20-17.  
Security 2, **Dragons 12**  
The first two hitters for the Dragons both had a 3-3 night with 3 runs and 2 doubles a piece in the Dragons 12-2 victory.

June 1  
**Fire Dreams 23**, Patriot 16  
Fire Dreams Yamaguchi went 4-4 on four singles with 4 runs and 3 RBI from the six spotn in the lineup as the Fire Dreams continued their roll with a 23-16 win over Patriot.  
**Crush 16**, Shooters 13  
Crush's Brian Howell went 4-6 with 4 runs 2 doubles and a triple while Andrew Vogt did not reach base at least once for the first time this season.  
Bonecrushers 4, **Iron Gators 5**  
Bonecrushers left centerfielder Darrin Russ went 2-4 with 2 RBI but could not pass first base himself as the team stranded him his three times on base as the league's worst record picked up an ugly W.

Flag football scores:  
**Essex Flyers 40**, Security Hitmen 0  
Essex Flyers quarterback Alfred Alson threw for five touchdowns and punt returner Willie Hannah returned a punt 50 yards for a touchdown as the Essex Flyers complete domination of the overmatched Hitmen was cut short by the mercy rule.  
**Essex Flyers 13**, ACU5 Dragons 12  
The Essex Flyers secondary had the way with the hapless Dragons passing game from the first pass of the game as the Dragons watched the INT returned 20 yards for a touchdown. The Flyers clung to their second consecutive one point victory over the league leading ACU5 Dragons despite poor play calling at the end of the game .



Crush first baseman Mike Diamond blasts a home run in the second inning with two men on. Crush would only get two of the three runs as Diamond failed to touch home plate. The running error didn't matter as Crush went on to win 16-13. (Official U.S. Navy Photo by JO2 James Kimber)

## Upcoming Sports

### Pool Hours

Lap Swim: Mon.-Fri., 6 - 8 a.m., 11a.m. - 12:30 p.m.  
Open Swim: Mon.-Fri. 4 p.m. - 6 p.m.  
Weekends and Holidays: 11 a.m. - 6 p.m.

### Memorial Softball Tournament

Double Elimination June 4  
Nimitz Park

### Caliente Noche 24 Hour Softball Tournament

Friday June 10  
Nimitz Park

### Youth Splash n' Dash

Saturday, June 11 8:30 a.m.  
Main Base Pool

### Flag Day 3K

Tuesday, June 14 11:30 a.m.  
Harbor View Club

### Adult Splash n' Dash

Sunday, June 19 8:30 a.m.  
Main Base Pool

### Fit 4 Fuji is May 1-July 3!

Prepare to climb Mt Fuji, this summer. Get your Fit 4 Fuji wallet card stamped at the Outdoor Recreation Center, Hario or Fleet Fitness Centers and start earning rewards and discounts, getting FIT to conquer Fuji. FMI: 252-3500.

## Spring Basketball Scoring Leaders

Huff, Outlaws	30.2
Chambers, Warriors	19.0
Ebong, Young Guns	18.2
Alexander, Showtime	18.1
Degroat, Harpers Ferry	18.0
Washington, Gators	16.4
Pruitt, Gators	13.9
Kennedy, Young Guns	13.7
Zambrano, Outlaws	12.4
Key, Showtime	11.1

## Spring Basketball Standings

	Wins	Losses
1 Young Guns	13	0
2 Showtime	8	2
3 Tru Stories	7	2
4 BLF	6	3
5 Outlaws	6	6
6 Gators	6	8
7 Harpers Ferry	4	7
8 Essex	2	9
9 Dragons	1	2
10 Warriors	1	10
11 AFN	0	3
12 Ballers	0	2

## Fitness Tip: Exercise helps prevent heart damage

### Alec Culpepper

MWR Fitness and Aquatics Director

Prolonged and sustained endurance training prevents stiffening of the heart, a condition associated with the onset of heart failure.

That's the finding of a new study, published in the Sept. 28 edition of *Circulation*. The study also found that a sedentary lifestyle puts older people at risk of heart failure.

Researchers compared the heart health of 12 healthy but sedentary older adults. Another 14 young but sedentary people were used as control subjects.

"We found that the older, sedentary individuals' hearts were 50 percent stiffer" than those of the athletic older adults, said study authors.

The researchers concluded that starting and sticking with an endurance-training program could play a major role in reversing damage done to the heart. They noted that many of the active older adults in the study were not elite athletes when they were younger, and most did not start training until they were in their 30s.